

# Have a game of Cnapan (medieval football)



## For leaders

Originating in Wales, two teams from opposing villages would compete to get a wooden ball (which had been boiled in animal fat to make it slippery and harder to handle) back to the porch of their village church. Up to 2000 people would play and things could get dangerous. In your unit, divide into two teams. Use a wooden/plastic ball covered in petroleum jelly or synthetic lubricant and compete to score points by getting the ball back to 'base'. Score one point for each time the ball gets back to 'base'. To avoid injury, players should tag each other at which point the person holding the ball should drop it. The ball can be thrown.

## Age 14 - 18

## Age 7 - 11

## Activity details

### This activity counts towards...



- St. David's Day

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|           |                  |
|-----------|------------------|
| Free      | Indoors/Outdoors |
| Day/Night |                  |

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|----------------------------------|---|
| <input type="checkbox"/> 11 - 14 | <input checked="" type="checkbox"/> 14 - 18 |
| <input type="checkbox"/> 5 - 7   | <input checked="" type="checkbox"/> 7 - 11  |
| <input type="checkbox"/> 3 - 5   |   |
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|--|--|
| <input checked="" type="checkbox"/> Autumn | <input checked="" type="checkbox"/> Spring |
| <input checked="" type="checkbox"/> Summer | <input checked="" type="checkbox"/> Winter |
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### Skills:

- Gross Motor Skills
- Teamwork

### Equipment:

- Ball
- Petroleum Jelly